



Suicide Prevention

The Department of the Navy recognizes September as Suicide Prevention Month, and in 2014, the theme for this observance is "Every Sailor, Every Day." This health observance serves as a springboard to promote mental health and suicide awareness and prevention throughout the year, and encourage and support fellow Sailors and Marines to access psychological health and emotional well-being resources when needed.

The resources highlighted below are designed to assist with fostering an environment free from the fear and stigma that can be associated with reaching out for help with life's challenges.

For Leaders

- [Navy Leader's Guide for Managing Sailors in Distress](#)
 - Navy Leader's Guide App: [Android](#), [Apple](#), [Google](#)
- [USMC Leader's Resource Guide](#)

Health Promotion and Wellness Resources

- [Mental Health and Suicide Prevention Toolbox](#)
- [Psychological and Emotional Well-Being Webpage](#)
- [Suicide Prevention Webpage](#)

Webinars

- [Connecting the Dots: New and Updated Resources for Tailored Suicide Prevention Efforts](#) (*archived*)

Infographics

- [NavyThrive](#)
- [Suicide at a Glance](#)

Helping Resources

- [Military Crisis Line](#)
- [Marine DStress Line](#)
- [Military OneSource](#)
- [Vets4Warriors](#)
- [inTransition](#)
- [Military Pathways](#)
- [Afterdeployment](#)
- [Real Warriors Campaign](#)
- [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](#)



Visit the [Navy Suicide Prevention Month Webpage](#) and [Navy Suicide Prevention Branch \(OPNAV N171\)](#) to learn more.

